



香港中華廠商聯合會
The Chinese Manufacturers' Association of Hong Kong



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香港工業再展翅 · 締造輝煌新一頁

「椎間盤突出」就是「坐骨神經痛」？

Are disc protrusion and sciatica the same?

香港人生活緊張，長期伏案工作或於日常生活有姿勢不當的情況，都很可能是導致腰痛的原因之一。而一但出現腰痛、腿後痛等症狀，很多人均會聯想到是「坐骨神經痛」，又或是「椎間盤突出」。可是，「坐骨神經痛」或「椎間盤突出」卻是泛指兩種不同的病因，腰痛、腿後痛並不必然是由此引致。一但有腰痛、腿後痛等症狀，很多人便聯想到認為是「坐骨神經痛」或「椎間盤突出」。可是，「坐骨神經痛」或「椎

間盤突出」卻是泛指兩種不同的病因，腰痛、腿後痛並不必然是由此引致。

Sitting for extended periods at work stations, poor posture in daily activities are common causes of low back pain or posterior leg pain. When people experience low back pain or posterior leg pain, they may worry about having sciatica or disc protrusion (herniation). However, sciatica or disc protrusion refer generally to two different causes of illness. Low back pain or posterior leg pain are not necessarily attributed only to these two causes.

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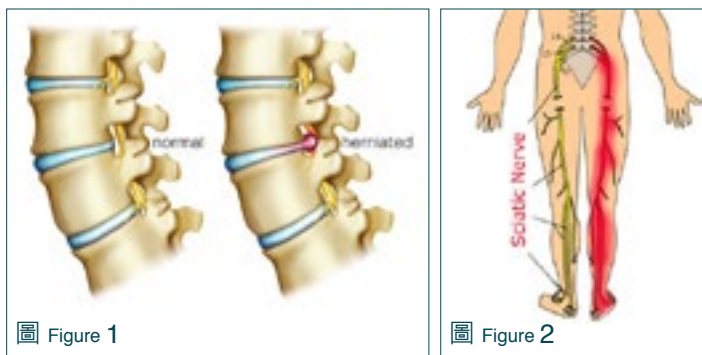
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何謂「椎間盤突出」、「坐骨神經痛」？

脊柱由 33 節脊椎骨組成，除骶骨及尾骨外，由頸椎骨、胸椎骨至腰椎骨之間都夾有一塊較厚的軟骨，稱之為「椎間盤」，椎間盤能減低脊柱所承受的壓力，亦有避震作用，減低脊柱受傷的風險。可是，當年紀增長，尤其中年以後，身體水分也愈少，椎間盤髓核的水份亦減少，此時，椎間盤容易變得脆弱，當一些突如其來的扭傷、跌倒或經常提舉重物，甚至久坐，椎間盤受到壓力，便有機會從椎骨之間突了出來 (圖 1)，從而壓及神經線，引致痛楚，如觸及坐骨神經，痛楚便由腰部伸延臀部至腿後 (圖 2)，形成所謂的「坐骨神經痛」了。

可是，任何坐骨神經受傷、發炎，受壓都可以引致坐骨神經痛。因此，部份坐骨神經痛，並不必然是由椎間盤突出所引起，如腰椎小面關節小錯位觸及坐骨神經，梨狀肌綜合症等所引致的坐骨神經痛，椎間盤便並沒有突出或牽連。

腰痛、腿後痛還有什麼原因？

痛症成因可以多樣性，年長使致骨質退化腰椎關節磨損，腰椎管道狹窄症，腰部或腿部任何軟組織，如韌帶、肌肉或筋腱等的受傷 (圖 3) 為大腿繩肌肌腱拉傷，都可以引致腰及或腿後的痛楚，因此，建議患者必須找尋合資格的註冊物理治療師或西醫作出正確診斷，以免延誤治療或引致憂慮。

預防更勝治療，避免腰部受壓！

根據研究報告，腰椎壓力在躺下時是最少，腰部挺直站立時增多，坐下來時壓力更大。但當站立是彎腰，甚或再提舉重物，壓力隨之而增多。如果坐著時再彎腰和寒背，或再提舉重物，腰椎壓力就比站著時的任何姿勢更大！(圖 4)

當腰部壓力增多時，椎間盤及椎骨關節同樣受壓，受傷機會增加，容易形成椎間盤突出或其他病症。由此可見，要預防腰痛，無論站立或坐著，任何時候都必須注意姿勢，避免彎腰寒背，坐著時保持腰背挺直，每隔半至一小時可站立伸展，定時減低腰背壓力，提舉重物時也挺胸收腹，並用下肢發力，防範腰背受傷風險。最後，每天給腰背作關節靈活或拉筋運動 (圖 5-6)，使腰背關節靈活起來，亦能減低腰背受傷的機會。



圖 Figure 3

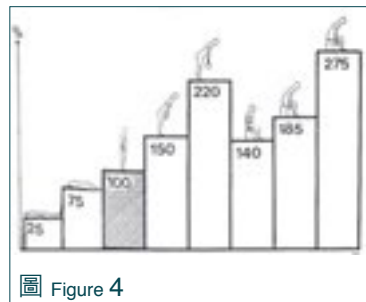


圖 Figure 4

What are disc protrusion and sciatica?

The human spine consists of 33 vertebrae. Except for the sacrum and coccyx, each piece of cervical, thoracic or lumbar vertebra is separated by a thick cartilage, called the intervertebral disc. The intervertebral discs can reduce the pressure of the spine. They also work as shock absorbers so as to reduce the risk of spinal injuries. However, with aging, and especially after middle age, the water content of the body becomes less and so as that in the intervertebral discs. The shock absorbing effect of the intervertebral discs was weakened. At this time, when the people get sprain of the back, accidental fall, frequent heavy lifting or even prolonged sitting, the intervertebral discs may have the chance of protrusion (herniation) (Figure 1) with the high disc pressures. Once the protruded disc touches the nerves nearby, it will cause pain locally. However, when the sciatic nerve is touched, the pain may extend from the lower back, through the buttock to posterior leg, and it was called 'Sciatica' (Figure 2).

On the other hand, if there is any injury, inflammation and compression of the sciatic nerve, it can cause sciatica. Therefore, some cases of sciatica is not necessarily caused by a protruded disc. For examples, when there is small displacement of the lumbar facet joints with touching the sciatic nerve, or piriformis syndrome, the intervertebral disc is not protruded.

What other causes low back pain and posterior leg pain?

The causes of pain are diverse. Osteophytes over the spine caused by aging, lumbar spinal stenosis, any injuries of the soft tissue, like ligaments, muscles or tendons, over the back or leg can cause low back pain or posterior leg pain. (Figure 3 refers to hamstrings strains and posterior leg pain resulted.) Therefore, to avoid any worry, patients are advised to seek the advice from the registered physiotherapist or doctor for proper diagnosis and receive treatment as soon as possible.

Prevention is better than cure, avoid pressure over your back!

According to study, back pressure is the least when a person is lying down. The back pressure increases when a person is standing with back straight. When a person is sitting, the pressure is further increased. If the person sits with a rounded back, or lifts up a load on sitting, the back pressure is even higher than any postures of standing. (Figure 4)

When the back pressure increases, the intervertebral discs and the vertebral joints are also under pressure. The chances of getting disc protrusion or other back conditions will be increased. In order to prevent back pain, it is wise to stand or sit with proper posture and avoid rounding the back and keeping the back straight. After prolonged sitting for half to one hour, standing and stretching to the back was suggested so as to reduce the back pressures. When lifting a heavy load, it is suggested to keep the back straight and use the effort from the lower limbs so as to prevent the risk of back injury. Furthermore, carrying out back mobilization and stretching exercises every day (Figure 5-6) can keep joints of the back more mobile, so as to minimize the risk of back injury.

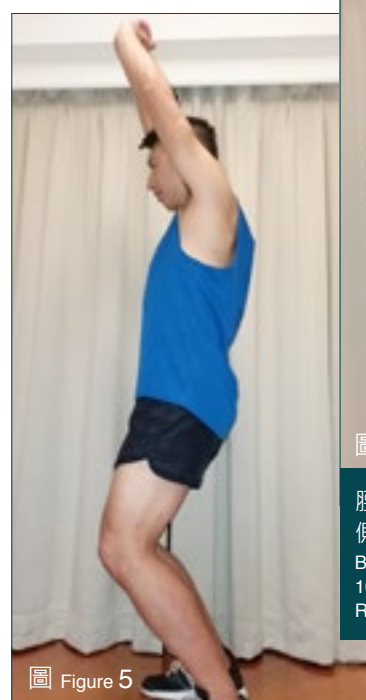


圖 Figure 5

腰背上下對拉，停留 10-20 秒，重覆 5-10 次
Pull up overhead and semi-squat down to stretch the back as shown. Stay for 10-20 seconds and repeat the cycle for 5-10 times.



圖 Figure 6

腰背側左拉，停留 10-20 秒，側右重覆，重覆 5-10 次
Bend the back to one side and stay for 10-20 seconds. Repeat on the other side. Repeat the cycle for 5-10 times.

澳洲、紐西蘭及香港註冊物理治療師、國家註冊公共營養師
Registered Physiotherapist in Australia, New Zealand and Hong Kong & Registered National Public Health Nutritionist
黃桂蘭提供 (Emmy Wong)



勦力避免貿易戰殃及池魚

Strive to avoid collateral damage by the trade war

中美貿易戰打打停停，充滿不確定因素。兩國領導人早前達成了 90 日的「休戰期」，美方暫緩於 2019 年 1 月 1 日將原本已增加的 10% 關稅，再度提升至 25%，這令本港廠商頓時舒了一口氣。但是，90 天只能讓廠商有更多時間應對關稅壓力，短期內無助於增強美國買家的下單意欲。況且由客戶下單到收貨需要 3 個月，90 天又有農曆新年假期，所以廠商根本趕不及出貨，前景仍然不容樂觀。

更加重要的是，美國的關稅清單抵制的貨品種類愈來愈廣泛，未來企業能避免納入清單的難度亦相應增加，大家要有心理準備日後情況可能更差。如果中美的對抗關係最終沒有得到逆轉，我十分之擔心有可能觸發廠商的倒閉潮和裁員潮，令到本港的失業率上升，進而對整體經濟產生連鎖反應。

另外，大家都擔心美國是否會取消《香港關係法》，並將香港和中國內地視為同一關稅區域。其實對方都不用「爆響口」，如果採取「陰險陰險」做法，反而更加防不勝防。例如 2018 年初美國對鐵鋼鋁製品加關稅政策，香港「躺著也中槍」。最近，有業界人士反映，當他們向美國科技生產商落單時，被告知香港已列入與中國內地相同的關稅安排。提高關稅可能都是小事，如果美方採取嚴格的出口管制措施，港商入口高科技產品時，「樣樣嘢」都要向美國當局申請出口許可，那麼將會是惡夢。

無獨有偶，美國因不滿郵費政策偏向發展中國家，令他們寄發給美國消費者的小型包裹可以享受折扣郵費，早前決定退出有 144 年歷史、負責協調 192 個成員國之間的郵政政策的萬國郵政聯盟 (UPU)。屆時，中

國內地就不能再利用萬國郵政聯盟提供的低廉郵資，拓展跨境電商業務。影響所及，香港寄到美國的跨境包裹收費亦在 2019 年 1 月 1 日起大幅上調，這是否又一個「誤中副車」的情況？無論如何，郵資上漲對於本港電商業者來說，肯定是沉重打擊。

特區政府對於外間的種種不利傳聞，最佳的做法是主動出擊，啟動危機應變措施。如果是其他國家因為不了解香港情況，以至產生誤會，我認為特區政府應該主動進行遊說，讓外國政府、議會和商界充分了解「一國兩制」在香港得到成功落實，尤其展示特區政府在保持香港作為「單獨關稅地區」的決心和努力，避免貿易戰殃及池魚。

The Sino-US trade war is full of uncertainties. Leaders of the two countries have agreed to a 90-day trade war truce earlier and the US postponed to raise tariffs from 10 percent to 25 percent on January 1 2019, which enable our local manufacturers to get a respite. However, 90 days could only give our manufacturers more time to deal with the tariff pressures and this grace period would not enhance the desire for American buyers to place their orders in the short run. Moreover, it usually takes 3 months for customers from placing their orders to receiving the goods, by taking the Lunar New Year holiday into account within that 90 days, it is not optimistic for the manufacturers to catch up on the shipment.

More importantly, the list of goods that are subject to tariffs are getting more extensive and the difficulties for companies to avoid being included in the list will correspondingly increase. Everyone should be psychologically prepared that the situation will be worsen. If the confrontation between China and US cannot be reversed eventually, I am worried that this may trigger trends of business closures and layoffs, resulting in an increase in unemployment rate and thus extend to a ripple effect on the overall economy.

In addition, everyone is worried about whether the US will abolish "United States-Hong Kong Policy Act" and consider Hong Kong and China as the same customs territory. In fact, it will be

even more difficult to tackle if the other party decided not to speak it out but to act secretly. For example, the US imposed tariffs on iron, steel and aluminum products at the beginning of 2018 "caught Hong Kong in the crossfire". Recently, some members of the industrial sector reflected that Hong Kong had already been included in the same tariff arrangements as those in China when they placed their orders with the US technology manufacturers. Raising tariff is relatively a trivial matter, if the US adopts stringent export control measures in the future, it will be a nightmare for Hong Kong manufacturers to import high-tech products and apply for export licenses for every single tech-related item.

Coincidentally, the US was unsatisfied with the postage policy that is biased towards the developing countries, where these countries can enjoy postage discounts when sending small parcels to American consumers. US has recently decided to withdraw from the 144-year-old Universal Postal Union (UPU). China will no longer benefit from the low-cost postages under UPU and to expand its cross-border e-commerce business. As a result, the cross-border parcel charges sent by Hong Kong to the US will also be raised substantially starting from January 1 2019. Is this another "caught in the crossfire" situation? In any case, the increase in costs of postages is definitely a heavy blow to the local e-commerce industry.

Hong Kong Government should take steps against these unfavorable elements and implement contingency measures in crisis management. If other countries do not understand the actual situation in Hong Kong, the Government should take the active role in lobbying and make clarification to foreign Governments, Councils and business communities about the successful implementation of "One Country, Two Systems" in Hong Kong, especially in demonstrating the determination and efforts of Hong Kong Government in upholding a "separate customs territory" regime in order to avoid being collateral damage by the trade war.

文稿提供：

立法會『工業界「第二」』

議員吳永嘉先生，太平紳士

Article provided by:

The Hon Ng Wing Ka, Jimmy, JP
Legislative Council Member (Industrial-Second), HKSAR

廠商會中學教育基金籌款活動 - 「香港中華廠商會呈獻：好歌萬年青楊立門演唱會」 Fundraising Event for the CMA Secondary School Education Trust – CMA presents: Raymond Young's Forever Young Concert

本會一向致力培育年青一代，轄下共設有兩所中學，分別為廠商會中學及廠商會蔡章閣中學。作為辦學團體，本會對於兩所中學的發展當責無旁貸，打從九十年代已成立廠商會中學教育基金，接受捐獻以資助兩校舉辦活動和教育項目。有賴各位善長人翁的支持，兩校近年的發展可謂有目共睹，學生的質素和學術水平一直持續提升。

為確保上述教育基金每年能有充足資源以應付所需，本會自2019年起將每年舉辦一次大型籌款活動，而今年將以1月28日晚假香港大會堂音樂廳舉行的楊立門個人演唱會為題，透過發售該演唱會為本會預設指定數量的慈善門券籌集善款，所得收益將悉數撥捐上述教育基金，用於2019年廠商會獎學金頒發以及支持兩所中學的教育項目。

為此，本會社會及公益事務委員會主席馬介欽副會長聯同吳宏斌會長，以及史立德第一副會長為演唱會作出港幣30萬元的贊助，而演唱會亦命名為「香港中華廠商會呈獻：好歌萬年青楊立門演唱會」。

慈善門票將分類為名譽券（港幣5,000元）及貴賓券（港幣3,000元）兩種，現誠邀各會員踴躍認購，支持本會的教育事業。演唱會詳情如下：

日期：2019年1月28日（星期一）
時間：晚上8時正
地點：香港大會堂音樂廳
演唱者：楊立門（特別嘉賓：麥潔文）

The CMA is devoted to nurturing younger generations through the set up of two secondary schools, namely the CMA Secondary School and the CMA Choi Cheung Kok Secondary School. As the sponsoring body of the two secondary schools, it is the responsibility of the CMA to ensure the schools' development. Since the 1990s, the CMA Secondary School Education Trust had been set up to receive donations for sponsoring events and education projects of the two secondary schools. With the support from patrons, the progress of the two schools in recent years could be well observed from the continuously improving quality of students and academic level.

To ensure that the CMA Secondary School Education Trust ("the Trust") can have enough resources to cope with its needs every year, the CMA would hold a large-scale fundraising event each year starting from 2019. This year, the fundraising event would feature Mr Raymond Young's concert, which will be held on 28 Jan 2019 at the Concert Hall of Hong Kong City Hall. A portion of the tickets have been reserved for CMA as charity tickets, which will be dedicated to the purpose of fundraising, and the proceeds from the concert would be fully allocated to the Trust for awarding CMA Scholarships in 2019 and supporting education projects of the two secondary schools.

In this connection, Dr Ma Kai Yum (Chairman of the CMA Social and Community Affairs Committee and Vice President of the CMA), Dr Ng Wang Pun (President of the CMA) and Dr Shi Lop Tak (First Vice President of the CMA) provided a sponsorship of HK\$300,000 for the Concert, and the concert has been named "CMA presents: Raymond Young's Forever Young Concert".


The fundraising target for this event has been set as HK\$1,000,000. Charity tickets are divided into two categories, namely Honorary tickets (HK\$5,000) and VIP tickets (HK\$3,000). Members are invited to actively subscribe to the charity tickets and support the educational work of the CMA. Details of the concert are as follows:

Date:	28 Jan 2019 (Mon)
Time:	8:00 pm
Venue:	Concert Hall of Hong Kong City Hall
Performer:	Raymond Young (Special Guest: Kitman Mak)



如有意認購者，敬請填妥以下連結所附回條：https://www.cma.org.hk/assets/circular/20190103_Raymond_concert.pdf，於1月11日（星期五）或以前以圖文傳真逕交本會秘書處（傳真號碼：2815 5713）。如有垂詢，請致電會員服務熱線（電話：2851 1555）。

If you are interested in subscribing to the charity tickets, please complete the reply slip in the following link (https://www.cma.org.hk/assets/circular/20190103_Raymond_concert.pdf) and submit to the Secretariat via fax (Fax no: 2815 5713) on or before 11 Jan 2019 (Fri). For enquiry, please call the Membership Service Hotline at 2851 1555.

 香港中華廠商聯合會
The Chinese Manufacturers' Association of Hong Kong

為 促進會方與會員之間的了解和溝通，會籍部推出「會員會客室」服務，定期安排會員與本會不同行業領導作親身會晤，就各項會員服務或企業營商等問題相互交流意見，增進聯繫，歡迎各會員踴躍參與。

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加拿大妙睡寧 (香港) 有限公司 鄧渭然先生
TranquilAid Canada (Hong Kong) Limited Mr Waily W.Y.Tang

隨著現代人對健康日益關注，以及對環境保護的重視，越來越多人也選用有機環保產品，故綠色家居生活用品近年漸漸大行其道。本會會員企業一加拿大妙睡寧 (香港) 有限公司董事鄧渭然先生，致力研發及推廣天然有機睡床、睡枕、床褥和環保生態滅蟲蚤產品，希望將環保的理念傳揚至大眾，並同時為用家帶來有機健康的生活。

鄧氏於多年前工作時頸部意外受傷，以至睡眠質素一直欠佳，於一次到歐洲旅遊的偶然機會下，試用到蕎麥睡枕，發現蕎麥睡枕能有效舒緩肩頸痛楚，並大大改善其睡眠質素及健康；其後鄧氏移居加拿大，見到當地不少朋友的居所也遇到木蚤肆虐的問題，長者及小朋友也深受困擾，情況令人憂慮，有關切身的體會促使鄧氏全身投入環保行業。

鄧氏遂積極尋找合作伙伴，幾番努力後，最後成功於加拿大設廠生產有機天然軟扁蕎麥睡床、睡枕及床褥，充分利用加拿大無公害軟扁蕎麥殼具有滑動流向性的優點，促進人體血脈流通，從而改善健康。另一方面，他到處廣尋滅蚤的良方，後來經過一位美國朋友 Dr. Low 引薦介紹由美國引入了生態環保滅蟲蚤劑，有關產品獲得美國專利及已在香港漁農署註冊，能消滅塵蟎，去除致敏原，

緩和其引致的呼吸道問題及哮喘等疾病，並得到美國環保局 EPA 認證，對人畜及環境無害。鄧氏為首位引入此產品到香港的環保滅蚤先鋒，目前產品已獲認可供應予香港特區政府物流服務署、醫院管理局、康樂及文化事務署及香港警務處使用。

鄧氏表示妙睡寧於發展過程中並非一帆風順，於 2002 年成立之初，因有機環保屬較新的概念，而且產品價格因選用優質材料比市面上一般產品為高，故最初並未被大眾接受。近年，業務雖漸上軌道，卻又遇上坊間冒牌貨及水貨的出現！惟鄧氏未有氣餒，深信只要以真心推行環保，並待人以誠，終能成功感動他人支持！就憑著對環保的堅持和務實的經營手法，妙睡寧透過網上宣傳、樓上陳列室、參加展覽及到各大學和醫院作推廣，贏得口碑和信譽，近年更屢獲香港浸會大學頒授「優質有機零售商」榮譽，並於 2017 年獲環境運動委員會頒授「香港環境卓越大獎優異獎」，產品獲得外界肯定和認同。

鄧氏更積極與各界社會福利機構合作，關懷社區，如贈送青竹油予長者和有需要人士，特別是香港近年來木蚤、蚊蟲為患的劏房住戶；他並義務為長者院舍滅蚤，並以成本價將滅蚤劑售予有經濟困難的院舍。說到

妙睡寧未來的發展，鄧氏期望日後能加強網上宣傳及銷售，以及吸引其他聯營公司的加盟和合作，增加更多銷售渠道，讓品牌推廣至更多客戶。

Nowadays, as people are increasingly health conscious and place heavier emphasis on protecting the environment, more are opting for organic and environmentally friendly products, resulting in green household items being in popular demand. Mr Waily W.Y.Tang is the Director of TranquilAid Canada (Hong Kong) Limited, which is one of CMA's member enterprises. Tang has been devoted to the development and promotion of natural and organic beds, pillows, mattresses, and eco-friendly products for exterminating bugs and mites. He wishes to promote to the idea of eco-friendly to the public, and at the same time, introduce an organic and healthy lifestyle for users of the company's products.

Tang injured his neck at work years ago, which had affected his sleeping quality ever since. By coincidence, when he travelled to Europe, he tried out a buckwheat pillow and realised it could effectively alleviate his neck and shoulder pain, and greatly improve his sleeping quality and health. Afterwards, Tang immigrated to Canada and witnessed quite a lot of friends suffering from the prevalence of bed bugs. The situation was worrying as elderly and children were also deeply bothered by this problem. Such first hand experience had motivated Tang to devote himself in a line of work that is environmentally friendly.

Consequently, Tang actively sought for a business partner. After continuous endeavour, he successfully set up a factory in Canada to manufacture bed, pillow and mattress made of organic and natural flattened buckwheat hulls. Tang had made use of fluidity, the advantage of Canadian organic flattened buckwheat hull, to promote blood circulation and thus improve health. On the other hand, he continued to search for the best solution to exterminate mites. At the end, upon recommendation by his friend, Dr. Low in the USA, he introduced an eco-friendly pest control spray from the USA to Hong Kong. The product is patented in the US and is registered with the Agriculture, Fisheries and Conservation Department in Hong Kong. The product can exterminate dust mites, eliminate allergen, and alleviate respiratory problems and diseases like asthma that are caused by allergen. Also, the product was approved by US EPA for being harmless to animal, human and the environment. As the pioneer of introducing this environmentally friendly product to Hong Kong, the product has been recognized supplying to the Government Logistics Department, Hospital Authority, the Leisure and Cultural Services Department and the Hong Kong Police.

Tang commented that the course of development of TranquilAid Canada (Hong Kong) Limited was not without ups and downs. In 2002, when the company was first started, the products were not very popular as organic and eco-friendly was a relatively new concept, and the products were more expensive than regular products on the market as they were made of high quality materials. In the recent years, although the business start to get on the right track, counterfeit goods and grey market goods began to emerge. However, Tang was not discouraged, he is convinced that people would eventually come around as long as he continue to treat people with sincerity! Due to the firm belief on eco-friendliness and the down to earth management style of the company, TranquilAid has earned both reputation and goodwill through online promotion, upstairs showroom, participation in exhibitions and promotion in universities and hospitals. The company received the honour of "Quality Organic Retailers" by HKBU for multiple times in recent years, and in 2017, it was awarded the "Hong Kong Awards for Environmental Excellence" by the Environmental Campaign Committee, proving that the products have gained the recognition of the public.

Tang actively cooperates with social welfare organisations and contributes the society through a series of caring initiatives, like giving out Green Bamboo Oil to elderly and those in need, especially to tenants of subdivided flat in Hong Kong, who suffered from bed mites, mosquito, and bugs in recent years. Tang also voluntarily exterminates mites for elderly homes, and sell the pest control spray at the cost price to elderly homes with financial difficulties. When speaking of the future development of TranquilAid, Tang wishes to strengthen online promotion and marketing in the future, to attract affiliated companies to cooperate as a franchise, increase channels of distribution, and promote the brand to make it more well known to customers.

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會員刊登
《企業雄才》廣告
可享 7 折優惠

《企業雄才》2018 年 11 - 12 月號專題回顧港商於國家改革開放 40 年以來的拓荒歷程，亦會專訪廠商會副會長陳國民。其他精彩內容包括：「2018 香港美食嘉年華」、廠商會赴埃塞俄比亞考察、善用大數據技術實現智能工廠、中國「消費降級」分析等。

《企業雄才》將發送到各大工商機構、企業、中港政府部門、媒體以及學術機構。誠邀各會員踴躍訂閱及刊登廣告。如欲瀏覽電子版《企業雄才》，或了解更多刊登廣告詳情，請掃描以下二維碼。

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廠商會接待來訪機構及活動



吉林省貿促會黨組書記、會長馮慶忠（左四）率領代表團一行 4 人於 10 月 22 日蒞會訪問，由本會吳國安副會長（右四）主持接待。



由中華電力主辦，本會為支持機構的中電「創新節能企業大獎」頒獎典禮 2018 已於 10 月 18 日假唯港薈舉行。本會副會長吳清煥（右三）代表本會出席為頒獎嘉賓之一，並與主禮嘉賓環境局局長黃錦星（左五）及中華電力總裁蔣東強（右六）等合照留念。



「貴州省產業結構調整與轉型升級專題赴港培訓班」代表團訪會一行 45 人，由貴州省人力資源和社會保障廳軍官轉業安置處郭仕軍副調研員（前排左二）率領於 10 月 16 日蒞會訪問，由本會吳清煥副會長（前排中）主持接待。



雲南省招商合作局阮鳳斌副局長（右六）率領代表團一行 8 人，於 10 月 16 日蒞會訪問，由本會吳清煥副會長（右五）主持接待。



本會陳國民副會長於 10 月 14 日率領一行 6 人代表團前赴廣州市出席「第 124 屆中國進出口商品交易會」（廣交會）。抵達廣州後，代表團出席了「第 124 屆中國進出口商品交易會」開幕招待會，陳國民副會長、徐炳光名譽會長及尹德輝常務會董並於招待會前與廣東省馬興瑞省長、商務部錢克明副部長、廣東省歐陽衛民副省長、廣州市溫國輝市長等領導會面。尹德輝常務會董及鄧錦添會董代表本會翌日出席了廣州市工商聯的招待午餐，與來自各地企業領導互相交流。



團長陳國民副會長（圖一，右二）代表本會與廣東省馬興瑞省長（圖一，左三）會面。團長陳國民副會長（圖二，後排右五）出席「第 124 屆中國進出口商品交易會開幕招待會」為主禮嘉賓之一。



由中國工業和信息化部、國家工商行政管理總局和廣東省人民政府主辦，本會支持的「第十五屆中國國際中小企業博覽會」香港館開幕式於 10 月 10 日假保利世貿展覽館舉行。本會陳國民副會長（前排右二）出席為主禮嘉賓之一。



「貴州·香港經貿旅遊推介會」於 10 月 10 日假香港會議展覽中心舉行，本會吳清煥副會長（左）及黃震副會長（右）出席，並與貴州省譚貽琴省長（中）會面。



2018 閩港合作推介會於 10 月 9 日假香港麗苑酒店舉行，本會吳宏斌會長（後排右二）出席活動擔任主禮嘉賓之一，並與福建省委常委李國書書記（後排中）會面。



廣東省貿促會范新林副會長（左三）率領代表團一行 3 人，於 10 月 9 日蒞會訪問，本會鄧熾常務會董（中）主持接待。

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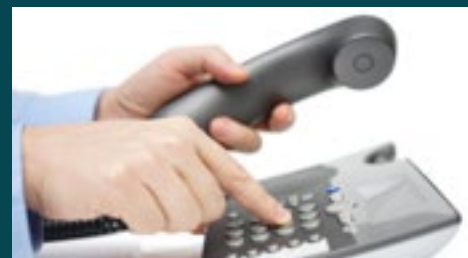
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人社部等 28 部門 32 項措施聯合懲戒 9 種社保失信行為 28 Departments including MOHRSS announced 32 Measures to Jointly Discipline 9 types of Severe Loss of Credit in the Field of Social Insurance

11 月 29 日，人社部、發改委、央行等 28 個部門聯合發佈《關於對社會保險領域嚴重失信企業及其有關人員實施聯合懲戒的合作備忘錄》，拒不繳納社保費、未如實申報社保繳費基數、騙保等 9 種情形將遭到 32 項聯合懲戒。

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- 二. 用人單位未如實申報社會保險繳費基數且拒不整改的；
- 三. 應繳納社會保險費卻拒不繳納的；
- 四. 隱匿、轉移、侵佔、挪用社會保險費款、基金或者違規投資運營的；
- 五. 以欺詐、偽造證明材料或者其他手段參加、申報社會保險和騙取社會保險基金支出或社會保險待遇的；
- 六. 非法獲取、出售或變相交易社會保險個人權益資料的；
- 七. 社會保險服務機構違反服務協定或相關規定的；
- 八. 拒絕協助社會保險行政部門、經辦機構對事故和問題進行調查核實的；拒絕接受或協助稅務部門對社會保險實施監督檢查，不如實提供與社會保險相關各項資料的；
- 九. 其他違反法律法規規定的。

懲戒措施包括：

1. 限制嚴重失信行為有關責任人乘坐飛機、列車軟臥、輪船二等以上倉位、G 字頭動車組列車全部座位、其他動車組一等以上座位等非生活和工作必須的消費行為。
2. 限制招錄(聘)失信人為公務員或事業單位工作人員。對於機關、企事業單位、社會團體或其領導成員為失信單位或個人的，不得參加文明單位、道德模範等各類評選表彰，已經取得榮譽稱號的予以撤銷。

3. 失信企業將被列為重點監督檢查對象，增加社會保險監督檢查和稽核的頻次，再次發現有社會保險違法違規行為的，延長公示期限。

4. 失信企業還將被限制參與社會保險業務合作專案、申請財政補助補貼性資金和社會保障資金支援、作為供應商參加政府採購活動等等。

5. 社保失信將影響股票發行和併購重組：依法將失信資訊作為選擇基礎設施和公用事業特許經營等政府和社會資本合作專案合作夥伴的重要參考因素，限制失信主體成為專案合作夥伴；將失信資訊作為證券公司、基金管理公司及期貨公司的設立及股權或實際控制人變更審批或備案，私募投資基金管理人登記、重大事項變更以及基金備案的參考。

參考文件：

《關於對社會保險領域嚴重失信企業及其有關人員實施聯合懲戒的合作備忘錄》

On 29 Nov, 28 departments including MOHRSS, NDRC, PBC jointly published the "Memorandum of Understanding on the Co-operation on the Implementation of Joint Disciplinary Action Against Enterprises and Related Personnel on Severe Loss of Credit in the Field of Social Insurance" to outline 9 types of circumstances (such as refusal to contribute to the Social Insurance (SI), inaccurate reporting of SI contribution basis, and SI fraud) that will be disciplined by 32 joint disciplinary actions.

The 9 types of Severe Loss of Credit includes:

1. Employers did not join the social insurance according to relevant regulations, and refuse to rectify accordingly;
2. Employers inaccurately reported SI contribution basis and refuse to rectify accordingly;
3. Refusing to contribute to the SI accordingly;
4. Cover up, transfer, embezzle or misappropriate SI contributions and funds, or investing in an illegal operation;
5. Join or declare social insurance through fraud, the use of fraudulent document, or other means to obtain income from the Social Insurance Foundation or social security treatment;
6. illegally obtain, sell or trade records of individual social insurance rights;
7. social insurance agencies violate service agreement or related regulations, and refuse to rectify accordingly;
8. Refusal to assist in the investigation or verification regarding

incidents or problems conducted by the administrative department of SI or relevant institution; refusal to accept or assist in the monitoring and inspection regarding SI conducted by the tax department, or inaccurately provide relevant information regarding SI;

9. other situations as stipulated by the law or administrative regulation.

Disciplinary Measures include:

1. Responsible persons of actions relating to severe loss of credit will be banned from non-essential consumer behavior, aside from those for day to day living and work, such as taking flights, soft-berth sleeper on overnight trains, second class or above cabins on vessels, all seats on G Highspeed Trains, First class or above on all other trains, etc.
2. Persons of severe loss of credit will be restricted from being recruited as civil servant or employee of public institution. Institution, enterprises, public institution, social organisation or leading members concerned which had a severe loss of credit will not be allowed to participate in any type of selection or commendation for Civilized Unit or Moral Model, while any honorary titles previously awarded will be dismissed.
3. Enterprises of severe loss of credit will be listed as key monitoring objects, the frequency of SI monitoring, inspection, and audit will be increased. If any other action that does not comply with the law or regulation was found, the period of enlistment will be prolonged.
4. Enterprises of severe loss of credit will also be restricted from joining projects relating to SI, applying for financial subsidy or allowance, subsidy support for SI, and joining government procurement as supplier, etc.
5. severe loss of credit regarding SI will affect issue of stocks or mergers and acquisitions: With reference to the law, the information of severe loss of credit will be treated as important reference when selecting partners for joint projects, such as, infrastructure and franchise of public utilities, between the government and social enterprises. Entities with severe loss of credit will be restricted from becoming partners in such projects. The information of severe loss of credit will be made as reference for the set up of security company, fund management company and futures company, and the application for change or filing for record of shareholders or actual controller; as well as the registration of management institutions, major alterations, or Recordation of Funds of Privately Offered Investment Funds.

Reference:

"Memorandum of Understanding on the Co-operation on the Implementation of Joint Disciplinary Action Against Enterprises and Related Personnel on Severe Loss of Credit in the Field of Social Insurance".

資料整理：香港中華廠商聯合會內地辦事處
備註：本文稿內容以中文版為準

Collation: CMA Mainland Office

Remark: The Chinese version of this article shall prevail

東莞政策速遞 Review of Dongguan Policies



【政策速遞】

東莞市深入推進重點 VOCs 企業污染整治工作

來源：東莞市環保局

【參考】

1. 嚴格涉 VOCs 排放專案環境准入。新、改、擴建印刷及工業塗裝專案要求全部使用低揮發性原輔材料，現有項目特別是印刷及工業塗裝企業要全力推進低揮發性原輔材料生產線的改造，從源頭上控制 VOCs 排放。
2. 全面深入開展 VOCs 企業整治。各鎮街（園區）按照“提升一批、整治一批、淘汰一批”的原則，對照全市重點 VOCs 企業污染整治名單，排查核實後，逐一落實整治；省級 VOCs 重點監管企業按照《廣東省環境保護廳關於固定污染源揮發性有機物排放重點監管企業綜合整治工作指引》、《東莞市固定污染源揮發性有機物排放重點監管企業綜合工作指引》等相

關要求，開展綜合整治；核心控制區內淘汰搬遷名錄的重點 VOCs 企業直接淘汰或搬遷；納入“散亂污”、“淘汰落後產能 VOCs”的企業須淘汰整治。

【政策速遞】

東莞：對存在多種單位住房公積金繳存比例進行整改

來源：東莞市住房公積金管理中心

【參考】

每個住房公積金繳存單位只能設置一種單位繳存比例。存在多種單位繳存比例的繳存單位於 2018 年 12 月 31 日前將單位繳存比例調整至一種：

1. 繳存比例在 5%-12% 的範圍內可由單位自行調整。
2. 繳存比例應為 1% 的整倍數。
3. 個人繳存比例不得低於單位繳存比例。

【Policy Update】Dongguan City Implement In-depth Regularization of VOCs Pollution by Key Enterprises

Source: Dongguan Environmental Protection Bureau

【Reference】

1. Strict control of projects concerning the release of VOCs. New, amended or additional projects of printing and industrial coating are requested to make use of volatile raw and auxiliary materials. Existing projects (especially for printing and industrial coating) have to strive to transform the production line with volatile raw and auxiliary materials, in order to control VOCs emission from its stems.
2. Implementation of comprehensive and in-depth regularization of VOCs Enterprises. Based on the principle of "Upgrading a batch, rectifying a batch, eliminating a

batch", each town (area) should conduct examination and verification with reference to the regularization list of Key Enterprises with VOCs Pollution in the City, and implement regularization one by one. For VOCs key monitoring enterprises on provincial level, integrated regularization will be implemented based on relevant requirements such as "Working Manual for Launching Integrated Regularization on Enterprises under Supervision of Fixed Source of Emission of Volatile Organic Compounds of the Department of Environmental Protection of Guangdong Province" and "Integrated Working Manual for Enterprises under Supervision of Fixed Source of Emission of Volatile Organic Compounds of Dongguan City". Direct elimination or relocation of Key VOCs Enterprises on the Elimination and Relocation List in Key Control areas. Regularization and Elimination is required for enterprises included in Polluting Industrial Enterprises or Eliminating Backward VOCs Production Capacity Enterprises.

【Policy Update】Dongguan: Regularization of Adjustment to Housing Provident Fund regarding multiple payment ratios

Source: Dongguan Housing Provident Fund Center

【Reference】

Each Housing Provident Fund unit can only set one payment ratio. Housing Provident Fund units with more than one payment ratio have to adjust the payment ratio of the Unit into a single payment ratio:

1. Unit with payment ratios of 5% to 12% can make adjustments themselves
2. Payment ratio should be an integral multiple of 1%.
3. Personal payment ratio could not be lower than Unit payment ratio.

資料整理：香港中華廠商聯合會內地辦事處
備註：本文稿內容以中文版為準

Collation:

The Chinese Manufacturers' Association of Hong Kong
Remark: The Chinese version of this article shall prevail

本會活動速遞 CMA Focus



「手機『拉人』法！」工作坊

Workshop on "Strategic Mobile Marketing"

日期 Date: 4 / 1 / 2019

查詢電話 Enquiry Hotline: 2542 8635
(曾小姐)



有效項目管理培訓工作坊

Workshop on Effective Project Management

日期 Date: 14 / 1 / 2019

查詢電話 Enquiry Hotline: 2542 8635
(曾小姐)



會員會客室

Member's Reception Room

日期 Date: 14 / 1 / 2019

查詢電話 Enquiry Hotline: 2851 1555

1 2019 年
1 月份活動
January Event

2 2019 年
2 月份活動
February Event



客戶關係管理及銷售技巧工作坊

Training Workshop on Effective Account Management and Selling Skills

日期 Date: 15 / 2 / 2019

查詢電話 Enquiry Hotline: 2542 8635
(曾小姐)



「提升企業競爭能力：業務流程優化」工作坊
Workshop on "Business Process & Operation Optimization"

日期 Date: 25 / 2 / 2019

查詢電話 Enquiry Hotline: 2542 8635
(曾小姐)



「2019 數碼營銷」工作坊

Workshop on "The Latest Trends of Digital Marketing and Social Media 2019"

日期 Date: 27 / 2 / 2019

查詢電話 Enquiry Hotline: 2542 8635
(曾小姐)

歡迎推薦工商友好加入廠商會大家庭

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中國改革開放的拓荒者

新書發布儀式

12.12.2018



「國家所需 香港機遇」領袖午餐會圓滿舉行 雲集工商及科技界精英 前瞻改革開放新機遇

High-level Luncheon of "Meeting the Country's Need, Creating Opportunity for Hong Kong" Concluded with Success
Acclaimed Guests from the manufacturing, business and IT sectors Discussed the Prospect of New Opportunities
arose from the Reform and Opening Up

為慶祝國家改革開放 40 年，本會於 12 月 12 日假港島香格里拉大酒店舉行「國家所需 香港機遇」領袖午餐會。午餐會由中國銀行（香港）擔任支持機構，並邀得全國政協副主席梁振英、香港特別行政區政務司司長張建宗、中聯辦副主任譚鐵牛、外交部駐港特派員公署副特派員宋如安、廠商會會長吳宏斌及中國銀行（香港）副總裁袁樹擔任主禮嘉賓，並雲集 200 多名工商界及社會領袖，一同回顧香港工業界參與改革開放的歷程，並前瞻香港在未來國家發展大局的角色。

吳宏斌會長致歡迎辭時表示，在國家改革開放初期，香港一眾工業家已率先響應號召北上設廠，所帶去的資金、技術、經驗和網絡，為國家在短短幾十年間實現經濟騰飛作出了貢獻，而在配合及參與國家建設的同時，亦為自身發展贏得了更廣闊的機遇。他相信，在國家「擴大開放、深化改革」的新征程上，香港工業絕對不會缺席，而廠商會亦會當仁不讓，繼續服務和協助業界好好裝備自己，以融入國家發展大局。

全國政協副主席梁振英為午餐會發表主旨演講時，讚揚香港廠商對改革開放貢獻良多，並為香港經濟開創新局面。他認為粵港澳大灣區已有條件成為香港廠商即日來回的「經營圈」，鼓勵業界把握發展機遇。

政務司司長張建宗致辭時指出，香港一直以自己所長服務國家所需，多年來與國家「同發展」、「共繁榮」。他相信香港企業一定會繼續發揮企業自身的優勢，抓緊粵港澳大灣區、「一帶一路」的機遇，配合國家經濟發展方向，迎接更大商機。

午餐會邀得工業界、科技界和金融界重量級的專家和學者擔任專題討論環節的講者，他們包括廠商會永遠名譽會長兼原全國政協常委陳永棋先生、原全國政協常委、北京航空食品有限公司名譽董事長伍淑清博士、香港科技園公司董事局主席查毅超博士、中國銀行（香港）經濟及政策研究主管謝國樑博士、商湯科

技香港公司總經理尚海龍先生以及香港科技大學經濟學系前系主任及兼任教授雷鼎鳴，並由廠商會永遠名譽會長、港區全國人大代表黃友嘉博士擔任討論環節主持，各位講者就香港在未來國家發展大局的定位、創科發展、傳統工業轉型升級和「再工業化」等方面進行交流，他們的真知灼見為香港工業界未來發展帶來重要的啟示。

是次午餐會是本會「慶祝國家改革開放 40 年」系列活動的壓軸項目，在活動上亦為由本會出版的《中國改革開放的拓荒者》一書，舉行新書發布儀式。該書回顧香港工業界在過去 40 年參與改革開放的軌跡，亦紀錄了一眾傑出工業家在內地設廠發展的心路歷程。該書已於 12 月 17 日起於各大書局發售。

To celebrate the 40th Anniversary of China's Reform and Opening Up, the CMA held a High-level Luncheon of "Meeting the Country's Need, Creating Opportunity for Hong Kong" at the Island Shangri-La on 12 Dec 2018. The Bank of China (Hong Kong) was the supporting organisation of the luncheon. The officiating guests include Mr Leung Chun Ying (Vice-Chairman of the National Committee of the Chinese People's Political Consultative Conference (CPPCC)), Mr Cheung Kin Chung (Chief Secretary for Administration of HKSAR), Mr Tan Tieniu (Deputy Director of the Liaison Office of the Central People's Government in the HKSAR), Mr Song Ru'an (Deputy Commissioner of the Office of the Commissioner of the Ministry of Foreign Affairs of the People's Republic of China in the Hong Kong Special Administrative Region), Dr Ng Wang Pun (President of the CMA), and Mr YUAN Shu (Deputy Chief Executive of the BOC). The officiating guests, along with over 200 distinguished leaders from the industrial and business sector, as well as leaders of the society, reviewed the participation of Hong Kong's industries during the course of the Reform and Opening Up, and anticipated Hong Kong's role within a larger context of the country's future development.

President Ng Wang Pun remarked in his welcome speech that at the early stage of the Reform and Opening Up, industrialists in Hong Kong had already respond to the appeal and set up factories in the Mainland as pioneers. The capital, technology, experience and networking that they brought to the Mainland had contributed to the bloom in China's economy in a short span of a few decades. While cooperating and participating in the construction of the nation, the industrialists also gained the opportunity to broaden their own development. President Ng believes that when China embarks on new journey of "comprehensively deepen reform and open up further", Hong Kong's industries would be there every step of the way, and the CMA will not shy from its responsibility, but will continue to serve and assist the industry to prepare itself for integrating into the development of the country.

In the Keynote speech of the Luncheon, Mr Leung Chun

Ying expressed his appreciation to Hong Kong's manufacturers for their countless contribution to the Reform and Opening Up, as well as bringing about a new phase to Hong Kong's economy. Mr Leung is of the opinion that the Guangdong-Hong Kong-Macao Greater Bay Area fulfilled the requirement for Hong Kong manufacturers to go on day trips within the "operating circle", and he encouraged the industry to seize the chance for development.

Mr Cheung Kin Chung pointed out in his speech that Hong Kong has been leveraging its advantages to serve the country's needs, developing jointly and sharing prosperity with the country. He believes that Hong Kong enterprises would be able to continue to develop their own strengths, and seize the opportunities arose from the Guangdong-Hong Kong-Macao Greater Bay Area and the Belt and Road Initiative, in order to embrace more business opportunities and accommodate the development direction of China's economy.

Renowned specialist and scholars from the industrial, IT and financial sectors were invited as speakers in the seminar, including The Hon Chan Wing Kee (CMA Permanent Honorary President and Standing committee of the CPPCC), Dr Wu Suk Ching (Standing committee of the CPPCC and Honorary Director of Beijing Air Catering Limited), Dr. Chai Ngai Chiu (Board Chairman of Hong Kong Science and Technology Parks Corporation), Dr Tse Kwok Leung (Head of Policy & Economic Research of BOC), Mr Shang Hai-long (Managing Director of SenseTime), Professor Francis Lui (previous Head of the Department of Economics and Associate Dean of the Business School of HKUST), Dr. David Wong (CMA Permanent Honorary President and Hong Kong Deputy of The 12th National People's Congress) was the host of the seminar. Speakers shared their thoughts on Hong Kong's position in China's development, the development of innovation and technology, the restructuring and upgrading of traditional industries, and re-industrialisation. The insights served as an important lesson for the future development of Hong Kong's industries.

The Luncheon was the highlight of CMA's "Celebration Events for the 40th Anniversary of China's Reform and Opening Up". A Book Launching Ceremony for the book "Pioneers of China's reform and Opening Up", which was published by the CMA, was also held during the Luncheon. The book documented the journey of Hong Kong industrialists' participation in Mainland China's Reform and Opening Up. It also recorded the thoughts and experience of many renowned industrialists who set up factories in the Mainland. The book is available in major bookstores from 17 Dec 2018 onwards.



多足軟體機械人開拓人體傳輸藥物新應用

Tiny, soft robot with multi-legs paves the way for drug delivery in the human body

香港城市大學(城大)領導的研究團隊成功研發像毛蟲般多足的微型軟體機械人，能夠在惡劣環境下載運重物。這項新研究成果，可為日後在人體內輸送藥物等醫療科技發展帶來新機遇。

新研發的機械人極靈活，可越過高度逾其腿長 10 倍的障礙物；其多足設計也大幅減少與地面的摩擦，令它可在人體內滿佈或浸沒在體液或血液的表面迅速移動。

研究成果已於最新一期科學期刊《自然通訊》發表，論文題為「在乾爽或濕潤環境下均可運作的仿生物多足軟體微型機械人」。

領導是次研究的城大生物醫學工程學系助理教授申亞京博士表示，微型機械人最特別之處是有數以百計、長度少於 1 毫米且柔軟如毛髮的尖腿。這項獨特的設計大幅減少了足底與表面的接觸面積以至摩擦。實驗測試結果顯示，無論是在乾爽或潮濕的環境，多足機械人與表面的摩擦均較無足機械人少 40 倍。

這個極靈敏及多足的軟體機械人，能夠在惡劣的環境下載運重物。

其製造材料也是主要特色之一。機械人以一種名為聚二甲基矽氧烷 (PDMS) 的矽物料造成，內含磁性顆粒，可通過電磁力作遙控。

城大機械工程學系王鑽開教授說：「我們採用的材料和多足設計，都大大提升了機械人的疏水性能。此外，由於矽膠柔軟，因此可輕易裁剪成不同形狀和大小的機械人，以作各種用途。」王教授最先構思這項研究，並推動其他研究人員合作研發。

在實驗中，通過磁力操控器控制，機械人可用拍打或兩邊搖擺的方式向前移動。

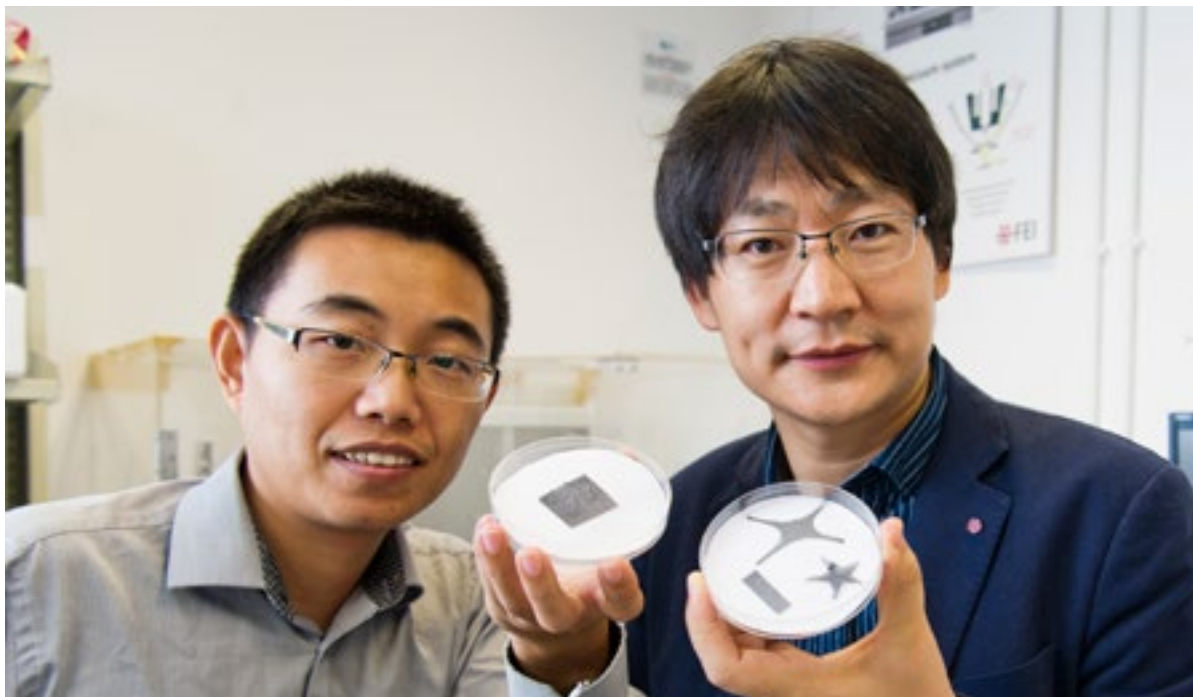
王教授說：「人體內不同組織的表面高低不平，肌理也轉變不定，令藥物傳輸非常困難。我們發明的多足機械人在不同的表面上均可快速移動，在人體傳輸藥物方面有極大潛力。」

研究團隊進一步發現，該機械人在面對較其腿長高 10 倍的障礙物時，憑藉其柔軟身體和可變形腿足，可輕易越過。

機械人的載重能力亦極佳。實驗測試結果顯示，它可負載其體重 100 倍的物件，相等於一個人輕易舉起一輛 26 座位小型巴士。

申博士補充說：「我們發明的微型機械人載重能力高，且能快速移動及跨越障礙，極為適合應用於惡劣環境，例如經人體消化系統傳送藥物，或是進行醫療檢查。」

在動物以至人類體內進行機械人測試前，研究團隊將從三方面優化該項目：尋找可生物降解的製作材料、研發機械人的新外



王教授(右)及申博士參與開發微型軟體機械人。 Professor Wang (right) and Dr Shen have developed the novel tiny, soft robot.

型，以及增加其他特點。

申博士說：「我們希望在未來兩三年內製成可生物降解的機械人，能夠在完成傳送藥物的任務後自然分解。」

A novel tiny, soft robot with caterpillar-like legs capable of carrying heavy loads and adaptable to adverse environments has been developed by a research team led by City University of Hong Kong (CityU). The mini delivery-robot could pave the way for medical technology advances, such as drug delivery in the human body.

The highly agile milli-robot is able to leap over 10 times its leg length. Thanks to its multi-leg design, which helps reduce friction significantly, the robot can move efficiently inside surfaces in the body lined with, or entirely immersed in, body fluids, such as blood or mucus.

The research findings have been published in the latest issue of the scientific journal Nature Communications in a paper titled "A Bio-inspired Multilegged Soft Millirobot that Functions in Both Dry and Wet Conditions".

Dr Shen Yajing, Assistant Professor in CityU's Department of Biomedical Engineering (BME), who leads the research, said the robot has hundreds of less than 1 mm-long pointed legs, which look like tiny hairs. This greatly reduces the contact area and hence friction with the surface. Laboratory tests show that the multi-legged robot has 40 times less friction than a limbless robot in both wet and dry environments.

The highly agile, multi-legged soft robot is adaptable to adverse environment and can carry heavy load.

The materials are another key feature. The robot is fabricated with a silicon material called polydimethylsiloxane (PDMS), which is embedded with magnetic particles that enable it to be remotely controlled by applying electromagnetic force.

"Both the materials and the multi-leg design greatly improve the robot's hydrophobic property. And the rubbery piece is soft and can be cut easily to form robots of various shapes and sizes for different applications," said Professor Wang Zuankai, from CityU's Department of Mechanical Engineering (MNE), who conceived of this research idea and initiated the collaboration among the researchers.



這個極靈敏及多足的軟體機械人，能夠在惡劣的環境下載運重物。 The highly agile, multi-legged soft robot is adaptable to adverse environment and can carry heavy load.

Controlled by a magnetic manipulator in the experiments, the robot can flap or swing sideways to move forward.

"The rugged surface and changing texture of different tissues in the human body make transportation challenging. Our multi-legged robot shows an impressive performance in various terrains and thus has great potential for drug delivery in the body," said Professor Wang.

Even when facing an obstacle 10 times higher than its leg length, the robot can easily jump over it with its deformable soft legs.

The robot also has a remarkable loading ability. Laboratory tests show that it can carry a load 100 times its own weight, which is comparable to a human easily lifting a 26-seat minibus.

"The amazingly strong carrying capability, efficient locomotion and excellent obstacle-crossing ability make the milli-robot extremely suitable for applications in a harsh environment, such as delivering a drug to a designated spot through the digestive system, or carrying out a medical inspection," added Dr Shen.

Before conducting further tests on animals and eventually in humans, the research teams will further develop and refine its research in three areas: finding a biodegradable material, studying new shapes, and adding extra features.

"Our aim in the next two to three years is to create a biodegradable robot that will decompose naturally after completing its drug delivery mission," said Dr Shen.

如欲查詢有關技術資料，請與鄧智穎女士聯絡。電話：3442 7687 或電郵：cecilia.tang@cityu.edu.hk。

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