

Employers and employees should take precautions during cold weather

Attention duty announcers, radio and TV stations:

Please broadcast the following special announcement immediately, and repeat it at frequent intervals when the Cold Weather Warning is in force:

The Labour Department reminds employers that as the Cold Weather Warning is in force, they should take appropriate precautions such as reminding employees who have to work outdoors or in remote areas to wear appropriately warm clothing, and make arrangements for employees to rotate from outdoor to indoor or sheltered work sites as far as possible. Employees should take note of the weather report, wear appropriately warm clothing and be mindful of their health conditions. They should notify their supervisors and seek medical help immediately if feeling unwell, such as having cold limbs and body shivering.

CHP reminds public of precautions against cold weather

The Centre for Health Protection (CHP) of the Department of Health (DH) today (March 31) reminded the public, particularly the elderly and people with chronic illnesses, to adopt appropriate measures to protect their health in view of the cold weather.

Cold weather can easily trigger or exacerbate diseases, especially among the elderly and persons suffering from heart disease, respiratory illnesses or other chronic illnesses.

Elderly people have less insulating fat beneath their skin to keep them warm, and their body temperature control mechanisms may be weaker. Their bodies may not be able to respond appropriately to cold weather.

Some senior persons may have decreased mobility, which can impair their ability to generate and conserve body heat. Chronic illnesses, such as hypertension, diabetes and endocrine disorders, may undermine the health of elderly people and lower their metabolic rate, subsequently causing their bodies to generate less heat. Persons with chronic illnesses, such as chronic respiratory illnesses or heart disease, are vulnerable to disease aggravation due to cold weather.

The CHP reminded the public, in particular the elderly and persons with

chronic illnesses, to adopt the following preventive measures:

- Take note of the weather forecast. Wear warm clothing, including hats, scarves, gloves and socks, accordingly;
- Consume sufficient food to ensure adequate calorie intake;
- Perform regular exercise to facilitate blood circulation and heat production;
- Stay in a warm environment and avoid prolonged outdoor exposure;
- Use heaters with care and maintain adequate indoor ventilation; and
- Seek medical advice if feeling unwell.

â€œIn addition, the public should avoid alcoholic beverages.

Drinking alcohol does not keep you warm. Alcohol accelerates the loss of body heat through dilated blood vessels, resulting in chilling instead.

Parents should ensure that babies are sufficiently warm, but it is also important to keep babies relatively lightly clothed to avoid overheating.

Parents should observe the following safety measures when putting their children to bed:

- Keep the room well ventilated and at a comfortable temperature;
- Always place babies on their backs to sleep. Leave their heads, faces and arms uncovered during sleep;
- Babies do not need pillows. Place babies on a firm and well-fitted mattress to sleep. Avoid soft objects, pillows and loose bedding;
- Let babies sleep in a cot placed near their parents' bed; and
- Maintain a smoke-free environment.

In addition, many respiratory pathogens, including influenza and SARS-CoV-2, may have increasing activity and community transmission during winter. Seasonal influenza vaccination is recommended for all persons aged 6 months or above, except those with known contraindications. Persons at higher risk of influenza and its complications, including the elderly and children, should receive seasonal influenza vaccinations early. Please see details of the vaccination schemes on the CHP's [website](#).

A person infected with influenza and COVID-19 at the same time may be more seriously ill and have a higher risk of death. It is important for elderly persons, especially those residing in residential care homes, to receive both seasonal influenza and COVID-19 vaccinations. They should also receive an additional booster against COVID-19 according to recommendations as soon as possible. The public should also maintain good personal and environmental hygiene against respiratory illnesses and note the following:

- Surgical masks can prevent the transmission of respiratory viruses from ill persons. It is essential for persons who are symptomatic (even if

- having mild symptoms) to wear a surgical mask;
- Wear a surgical mask when taking public transport or staying in crowded places. It is important to wear a mask properly, including performing hand hygiene before wearing and after removing a mask;
 - Avoid touching one's eyes, mouth and nose;
 - Wash hands with liquid soap and water properly whenever possibly contaminated;
 - When hands are not visibly soiled, clean them with 70 to 80 per cent alcohol-based handrub;
 - Cover the mouth and nose with tissue paper when sneezing or coughing. Dispose of soiled tissue paper properly into a lidded rubbish bin and wash hands thoroughly afterwards;
 - Maintain good indoor ventilation;
 - When having respiratory symptoms, wear a surgical mask, refrain from work or attending classes at school, avoid going to crowded places and seek medical advice promptly; and
 - Maintain a balanced diet, exercise regularly, take adequate rest, do not smoke and avoid overstress.

Food-borne diseases, particularly those linked to hotpot cuisine, are also common in cold weather. The following preventive measures should be taken:

- Wash hands before handling and consuming food;
- Do not patronise unlicensed vendors or those with poor hygienic standards while selecting food;
- Wash and cook all food thoroughly;
- Vegetables should be washed thoroughly in clean running water before cooking and consumption. When appropriate, scrub hard-surfaced vegetables with a clean brush to remove dirt and substances, including pesticide residues and contaminants, from surfaces and crevices;
- Shrimps should be fully cooked until the shells turn red and the flesh turns white and opaque;
- For shellfish such as scallops and geoduck, scrub the shells thoroughly and remove the internal organs;
- Do not eat any undercooked freshwater aquatic products. To ensure that the food is thoroughly cooked, the centre of the food should reach a temperature of at least 75 degrees Celsius to destroy pathogen;
- Most hotpot ingredients should be stored in a refrigerator at 4 degrees C or below, while frozen food should be stored in a freezer at -18 degrees C or below;
- Never use raw eggs as a dipping sauce for hotpot; and
- Use different sets of chopsticks to handle raw and cooked food to avoid cross-contamination.

â€œIn addition, when using fuel-burning appliances, especially in indoor areas, the public should ensure adequate ventilation to avoid harmful exposure to carbon monoxide (CO) and prevent CO poisoning.

For more health information, the public may call the DH's Health Education Infoline (2833 0111) or visit the [CHP's website](#) and [Facebook Fanpage](#).

The public may also call Dial-a-Weather (1878 200) or visit the [website of the Hong Kong Observatory](#) for the latest weather information and forecasts, or its [page on Weather Information for Senior Citizens](#).

[Public transport service arrangements for departures of Hong Kong Sevens \(roundup\)](#)

The Transport Department (TD) today (March 30) said that, following the dispersal of the Hong Kong Sevens spectators from the Kai Tak Sports Park, the overall traffic conditions have mostly been smooth.

The MTR Tuen Ma Line service has been further enhanced during dispersal, which basically met the passenger demand. In response to the passenger queue for taxi service at the Sung Wong Toi Road Taxi Pick-up/Drop-off Area during the peak period, the TD has made all-out efforts to mobilise the taxi trade for picking up passengers and the passenger queue has largely dissipated. In addition, the 10 special bus routes provided services for the outflux of spectators departing for major districts across the territory in an orderly manner.

[Speech by SJ at opening ceremony of 22nd Willem C Vis East International Commercial Arbitration Moot \(English only\) \(with photo\)](#)

Following is the speech by the Secretary for Justice, Mr Paul Lam, SC, at the opening ceremony of 22nd Willem C Vis East International Commercial Arbitration Moot today (March 30):

Ms Barrington (Director of the Vis East Moot Foundation, Ms Louise

Barrington), Ms Tung (Deputy Director of the Vis East Moot Foundation, Ms Sherlin Tung), distinguished guests, ladies and gentlemen,

Good evening. On behalf of the Department of Justice of Hong Kong (DoJ), it is my great pleasure to welcome you all to the 22nd Willem C. Vis (East) International Commercial Arbitration Moot (Moot). For those coming from other jurisdictions, a very big and warm welcome to Hong Kong. I would like to start by thanking the Vis East Moot Foundation for holding the Moot in Hong Kong again this year.

I am very delighted to learn that over 1 500 students and coaches from 154 university teams around the world will participate this year. I also wish to extend another very warm welcome to over 400 arbitrators for joining us. This Moot is more than just a competition. It is a platform for gaining knowledge in international arbitration and trade law, while honing the legal and advocacy skills of our young legal talents.

I understand that the Moot will focus on the use of international commercial arbitration to resolve international commercial disputes, and involves the harmonised legal texts of UNCITRAL (United Nations Commission on International Trade Law) including the CISG (United Nations Convention on Contracts for the International Sale of Goods) and the New York Convention on the Recognition and Enforcement of Foreign Arbitral Awards, both of which apply to Hong Kong. This demonstrates Hong Kong's commitment to adopting established international commercial law and practices.

Hong Kong is a leading international financial, commercial and trading centre well known for its strong rule of law, independent judiciary, and well-established legal framework. Under the important principle of "one country, two systems", Hong Kong is the only common law jurisdiction within China. Our unique legal system is bilingual in both Chinese and English, which enable people and friends from around the world to navigate with ease. And it provides very strong legal protection to cross-border business transactions and investments, which helps to establish Hong Kong as a deal-making, legal, and dispute resolution services hub.

Hong Kong is and has always been one of the most preferred seats of arbitration in the world. Arbitral awards made in Hong Kong are generally recognised and enforced by the local courts, the Mainland courts and in over 170 Contracting Parties to the New York Convention. In addition, Hong Kong is the first and only common law jurisdiction outside the Mainland where, as a seat of arbitration, parties to arbitral proceedings administered by designated arbitral institutions would be able to apply to the Mainland courts for preservation measures. An award creditor of a Hong Kong arbitral award may also make simultaneous enforcement applications to both the Mainland and Hong Kong courts.

To further facilitate the conduct of arbitrations in Hong Kong, starting from March 1, 2025, the Hong Kong Government has regularised the Pilot Scheme on Facilitation for Persons Participating in Arbitral Proceedings, now known as the Immigration Facilitation Scheme for Persons Participating in Arbitral Proceedings in Hong Kong. This initiative enables eligible visitors to

participate in arbitration in Hong Kong without requiring any employment visa. Hong Kong launched the Scheme back in 2020 on a short-term basis. The arbitration community has been supportive of the Scheme since its launch, finding it conducive to maintaining Hong Kong's competitiveness as an international legal and dispute resolution services centre. The streamlined process under the Scheme covers arbitrators, experts and factual witnesses, parties to the arbitration, parties' representatives, and other persons directly related to or involved in the arbitration such as tribunal secretaries, tribunal-appointed experts. The DoJ will issue a Guidance Note on the Scheme to the relevant arbitral and dispute resolution institutions soon. I really look forward to seeing many of you coming to Hong Kong to participate in international arbitration in future.

To conclude, I wish each and everyone of you a rewarding mooting experience and a very fruitful stay in Hong Kong. Please do seize this opportunity not only to showcase your advocacy skills but also to forge connections and explore the vast possibilities and opportunities Hong Kong offers, including our fascinating food and drinks and entertainment. Let us look forward to another successful year of the Moot! Thank you very much!



Public transport service arrangements for departures of Hong Kong Sevens (3)

Attention duty announcers, radio and TV stations:

Please broadcast the following special announcement immediately, and repeat it at frequent intervals:

The Transport Department (TD) today (March 30) said that the passenger

queue for taxi service at the Sung Wong Toi Road Taxi Pick-up/Drop-off Area is relatively long and it would take some time for boarding the taxis. Spectators are advised to use the MTR to leave the Kai Tak Sports Park.

Spectators are advised to take heed of the real-time information via on-site broadcast and the "Easy Leave" (QR code displayed on-site) as well as the latest traffic news through the "HKeMobility" mobile application, radio and television broadcasts.