

# Employers and employees should take precautions against heat stroke

As the Hong Kong Observatory has issued the Very Hot Weather Warning, the Labour Department (LD) reminds employers and employees to take appropriate precautions to prevent heat stroke when working in a hot or humid environment.

Heat stroke could occur if an employee works in a hot or humid environment for prolonged periods of time, as the body may fail to regulate its temperature by effective heat dissipation through sweating.

The symptoms of heat-related illnesses include feeling thirsty, fatigue, nausea, vomiting, headache, dizziness, muscle spasm or even mental confusion, and loss of consciousness or convulsion in severe cases.

Construction workers, cleaning workers, kitchen workers and porters, for example, are more prone to heat stroke as they may be working for long hours in such an environment, especially if appropriate preventive measures have not been taken.

The LD reminds employers to arrange for a suitable assessment of the risk of heat stress in the work environment and take appropriate preventive measures. The LD has produced two leaflets entitled "Checklist for Heat Stress Assessment at Construction Sites" and "Checklist for Heat Stress Assessment at Outdoor Cleansing Workplaces" respectively. Employers engaged in construction or outdoor cleaning work are advised to refer to these checklists in assessing the risk of heat stress at their workplaces. As for heat stress assessment at a workplace in general, employers can refer to a booklet entitled "Risk Assessment for the Prevention of Heat Stroke at Work" produced by the LD.

The LD also reminds employers and employees to take the following precautions to prevent heat stroke:

## Employers

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- (1) Take heed of the weather report and adopt shift work arrangements for employees to reduce their exposure to the hot environment, or arrange appropriate rest breaks for them during very hot periods;
- (2) Avoid working under direct sunlight and set up temporary sunshade wherever possible;
- (3) Provide cool potable water for employees at all times during work. If necessary, provide drinks containing electrolytes for employees to replenish loss of salt during profuse sweating;
- (4) Minimise physical demands by using tools or mechanical aids at work;
- (5) Increase air flow by enhancing ventilation or air-conditioning as appropriate;

- (6) Isolate heat-generating facilities at the workplace and use insulating materials to minimise heat dissipation to the other work areas; and
- (7) Provide relevant information and training for employees on heat stroke such as preventive measures and first aid treatment.

## Employees

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- (1) Wear clothing made of suitable materials (for example, cotton) that is loose-fitting and light-coloured to help heat dissipation, minimise heat absorption and allow sweat evaporation;
- (2) Wear a wide-brimmed hat when working outdoors;
- (3) Drink plenty of water or appropriate beverages with electrolytes to replenish the fluids and salt lost through sweating; and
- (4) Whenever there are any symptoms of heat-related illnesses, rest in a cool or shady place and drink water, and inform supervisors to take appropriate action immediately.

The LD also urges employers to provide for employees as far as practicable covered space with good ventilation for rest and meals. Furthermore, some employees may have difficulty in adapting to a hot working environment owing to their own health conditions. Employers should take this into account and consider the recommendations of their doctors when assigning work to these employees.

In addition to the publications on risk assessment, the LD has produced a leaflet entitled "Prevention of Heat Stroke at Work in a Hot Environment" for the public. The publications can be obtained free of charge from the offices of the Occupational Health Service of the LD, or downloaded from the department's webpage at [www.labour.gov.hk/eng/public/content2\\_9.htm](http://www.labour.gov.hk/eng/public/content2_9.htm).

The LD organises occupational health talks in public places and at its own training venues regularly to raise employers' and employees' awareness of occupational health. Details of the health talk on the prevention of heat stroke at work in a hot environment in July are as follows:

Date and time: July 15 (3.30pm to 5pm)  
Venue: Lecture Hall, Hong Kong Space Museum, 10 Salisbury Road,  
Tsim Sha Tsui, Kowloon  
(MTR Tsim Sha Tsui Station Exit E)

For enrolment or enquiries about the occupational health talk, please call 2852 4040. Moreover, the LD also provides an outreach health education service and occupational health nurses will, on invitation, disseminate occupational health information at workplaces at a convenient time. Please contact the nursing officer at 2852 4062 for details. All these health talks are free of charge.

Infection control measures taking into account the latest COVID-19 epidemic developments will be adopted at the venues. All occupational health public talks require preregistration.

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# Appointments to Land and Development Advisory Committee announced

The Government today (June 30) announced the appointment of the chairman and members to the Land and Development Advisory Committee (LDAC) for a new term of three years, from July 1, 2021, to June 30, 2024. The appointments will be gazetted on July 2.

Dr Greg Wong Chak-yan is re-appointed as chairman of the LDAC. The other 19 non-official members, appointed on an individual basis, are nine nominees from professional and trade organisations, and 10 persons from diverse professional backgrounds covering engineering, planning, logistics, real estate development and administration, education, legal, environment, policy research and social innovation.

The LDAC is tasked to advise the Government, through the Secretary for Development, on policies and procedures in relation to planning, land and buildings matters; specific development proposals and projects initiated by non-governmental organisations or private sector proponents which carry broader economic or social merits; and policies, measures and specific development proposals conducive to Energizing Kowloon East.

The full membership of the Committee is as follows:

## Chairman

—  
Dr Greg Wong Chak-yan

## Non-official members nominated by professional/trade organisations

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Sr Au Choi-kai (Hong Kong Institute of Real Estate Administrators)  
Mr Joel Chan Cho-sing (Hong Kong Institute of Urban Design)  
Professor Chan Siu-lai (Hong Kong Institution of Engineers)  
Sr Chiu Kam-kuen (Hong Kong Institute of Surveyors)  
Mr Donald Choi Wun-hing (Hong Kong Institute of Architects)  
Ms Iris Hoi (Hong Kong Institute of Landscape Architects)  
Mr Eddie Lam Kin-wing (Hong Kong Construction Association)  
Mr Thomas Lee (Hong Kong Institute of Planners)  
Mr Douglas Woo Chun-kuen (Real Estate Developers Association of Hong Kong)

## Other non-official members

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Mr Sunny Ho Lap-kee  
Mr Ryan Ip Man-ki  
Mr Wilson Kwong Wing-tsuen  
Ir Janice Lai Wai-man  
Professor Jimmy Leung Cheuk-fai

Professor Leung Hing-fung  
Mr Francis Ngai Wah-sing  
Mr Wong Kit-loong  
Professor Wong Sze-chun  
Mr Michael Wong Yick-kam

Ex-officio members

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Secretary for Development  
Director of Buildings  
Director of Lands  
Director of Planning  
Government Economist

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## **Fraudulent email purportedly sent out in the name of GovHK**

The Office of the Government Chief Information Officer (OGCIO) today (June 30) appealed to members of the public to beware of a fraudulent email sent out in the name of the GovHK from email address "gokv@viennalawncare.com".

The GovHK has no connection with the fraudulent email, and the OGCIO has reported the case to the Police for further investigation. The OGCIO reminds members of the public that the GovHK will never ask them to provide any personal information through email or SMS. Members of the public who have received the email should refrain from opening any links therein and discard it immediately.

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## **Fraudulent website and phishing instant message related to Bank of China (Hong Kong) Limited**

The following is issued on behalf of the Hong Kong Monetary Authority:

The Hong Kong Monetary Authority (HKMA) wishes to alert members of the public to a press release issued by Bank of China (Hong Kong) Limited relating to a fraudulent website and phishing instant message, which has been

reported to the HKMA. A hyperlink to the press release is available on the [HKMA website](#).

The HKMA wishes to remind the public that banks will not send SMS or e-mails with embedded hyperlinks which direct them to the banks' websites to carry out transactions. They will not ask customers for sensitive personal information, such as login passwords or One-Time Password, by phone, email or SMS (including via embedded hyperlinks).

Anyone who has provided his or her personal information, or who has conducted any financial transactions, through or in response to the website or instant message concerned, should contact the bank using the contact information provided in the press release, and report the matter to the Police by contacting the Cyber Security and Technology Crime Bureau of the Hong Kong Police Force at 2860 5012.

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## [US Dollar Liquidity Facility tender result](#)

The following is issued on behalf of the Hong Kong Monetary Authority:

US Dollar Liquidity Facility tender result:

Tender date	:	June 30, 2021 (Wednesday)
Settlement date	:	July 2, 2021 (Friday)
Repayment date	:	July 8, 2021 (Thursday)
Tenor	:	6 days
Amount applied	:	Nil
Amount allotted	:	Nil
Lowest interest rate accepted	:	Nil
Highest interest rate accepted	:	Nil