

CHP reminds public on precautions against heat stroke during very hot weather

The Centre for Health Protection (CHP) of the Department of Health (DH) today (September 2) reminded members of the public, particularly those undertaking outdoor activities, to take heed of necessary measures against heat stroke and sunburn in very hot weather.

"The public should carry and drink plenty of water to prevent dehydration while engaging in outdoor activities," a spokesman for the CHP said.

"Those engaged in strenuous outdoor activities should avoid beverages containing caffeine, such as coffee and tea, as well as alcohol, as they speed up water loss through the urinary system," the spokesman explained.

"The obese, the sick, including those with heart disease or high blood pressure, the old and the young are more vulnerable to heat-related illnesses. They should pay special attention," the spokesman added.

The public should adopt the following precautions:

- Wear loose and light-coloured clothing to reduce heat absorption and facilitate sweat evaporation and heat dissipation;
- Avoid vigorous exercise and prolonged activities like hiking or trekking as heat, sweating and exhaustion can place additional demands on the physique;
- Perform outdoor activities in the morning or late afternoon;
- For indoor activities, open all windows, use a fan or use air-conditioning to maintain good ventilation; and
- Reschedule work to cooler times of the day.

If working in a hot environment is inevitable, introduce shade in the workplace where practicable. Start work slowly and pick up the pace gradually. Move to a cool area for rest at regular intervals to allow the body to recuperate.

The public should also note the latest and the forecast Ultraviolet (UV) Index released by the Hong Kong Observatory (HKO). When the UV Index is high (6 or above):

- Minimise direct exposure of the skin and the eyes to sunlight;
- Wear long-sleeved and loose-fitting clothes;
- Wear a wide-brimmed hat or use an umbrella;
- Seek a shaded area or put on UV-blocking sunglasses;

- Apply a broad-spectrum sunscreen lotion with a Sun Protection Factor (SPF) of 15 or above. Apply liberally and reapply after swimming, sweating or toweling off; and
- While using DEET-containing insect repellents for personal protection against mosquito-borne diseases, apply sunscreen first, then insect repellent.

If symptoms develop, such as dizziness, headache, nausea, shortness of breath or confusion, rest and seek help immediately, and seek medical advice as soon as possible.

The public may obtain more information from the DH's Health Education Infoline (2833 0111), [heat stroke](#) page and [UV radiation](#) page; the HKO's Dial-a-Weather (1878 200), latest [weather and forecast](#), [UV Index](#) and weather information for [hiking and mountaineering](#); and [press releases](#) of the Labour Department on precautions against heat stroke for outdoor workers and their employers when the Very Hot Weather Warning is in force.

Assess the risk of heat stroke to employees

Attention duty announcers, radio and TV stations:

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

The Labour Department reminds employers that as the Very Hot Weather Warning is in force, they should assess the risk of heat stroke to their employees and adopt effective preventive measures such as providing cool drinking water, setting up temporary sunshade, providing mechanical aids to reduce physical exertion of employees and providing for employees as far as practicable covered space with good ventilation for rest and meals. Employees should drink water regularly and be mindful of their physical condition. If early heat stroke symptoms such as headache and thirst appear, they should rest in a cool or shady place and drink water immediately. They should also inform their supervisors to take appropriate action.

Very Hot Weather Warning issued

Attention TV/radio announcers:

Please broadcast the following as soon as possible:

The Hong Kong Observatory has issued the Very Hot Weather Warning.

To prevent heat stroke, avoid prolonged activities outdoors.

If engaged in outdoor work or activities, wear a wide-brimmed hat and light-coloured, loose-fitting clothes. Stay in shaded areas as much as possible.

Drink plenty of water, and avoid beverages containing caffeine or alcohol.

If you feel sick, consult a doctor right away.

Murder and wounding in Tseung Kwan O

Police are investigating a murder and wounding case in Tseung Kwan O yesterday (September 1) afternoon in which a 34-year-old man died.

At 4.48pm yesterday, Police received reports that the 34-year-old man was assaulted by a 30-year-old man at MTR Tseung Kwan O Station. A 42-year-old man and a 24-year-old man were also assaulted by the man when they attempted to stop him.

Police officers sped to the scene and located the 34-year-old man. Sustaining neck injuries, he was rushed to Tseung Kwan O Hospital in unconscious state and was certified dead at 6.47pm. The 42-year-old man and 24-year-old man sustained minor injuries. They were sent to Tseung Kwan O Hospital in conscious state.

Initial investigation revealed that the 30-year-old man attacked the deceased and victims with a knife. He was arrested for murder and wounding and is being detained for further enquiries. A fruit knife in suspected connection with the case was seized at scene.

Post-mortem examinations will be conducted later to ascertain the cause of death.

Active investigation by the District Crime Squad of Tseung Kwan O is underway.

Anyone who witnessed the case or has any information to offer is urged to contact the investigating officers on 3661 0744.

Fatal traffic accident in Aberdeen

Police are investigating a fatal traffic accident in Aberdeen today (September 1) in which a 33-year-old man died.

At 4.13pm, a motorcycle driven by the 33-year-old man was travelling along Repulse Bay Road towards Repulse Bay. It reportedly dashed to the opposite lane and collided with a private car driven by a 40-year-old woman and then rammed into a light goods vehicle driven by a 61-year-old man.

Sustaining multiple injuries, the motorcyclist was rushed to Ruttonjee Hospital in unconscious state and was certified dead at 5.09pm.

Investigation by the Special Investigation Team of Traffic, Hong Kong Island is underway.

Anyone who witnessed the accident or has any information to offer is urged to contact the investigating officers at 3660 6800 or 3660 6849.