

Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Prevention of lower limb disorders and guidance notes on standing at work" on October 3 (Thursday). The talk will introduce symptoms of some common lower limb disorders, including plantar fasciitis, varicose veins and knee osteoarthritis, as well as their treatment and preventive measures. Demonstration and practice of workplace exercise will be included, with a briefing on the LD's "Guidance Notes on Standing at Work and Service Counter Design".

The talk will be given by the LD's occupational health nurse and occupational hygienist at 3pm in the Lecture Hall of the Hong Kong Space Museum, 10 Salisbury Road, Tsim Sha Tsui.

The LD will hold another talk entitled "Occupational health (OH) for cleansing workers" on October 15 (Tuesday). The talk aims to enhance the awareness of OH hazards, and introduce their preventive measures to cleaning workers. Demonstration and practice of workplace exercise will also be included.

The talk will be given by the LD's occupational health nurse at 6.45pm in Activity Room 1, G/F, Hong Kong Central Library, 66 Causeway Road, Causeway Bay.

Both talks will be conducted in Cantonese. Admission is free. For enquiries or registration, please call 2852 4040.