

# Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Prevention of heat stroke at work in a hot environment" on June 4 (Friday) at 6.45pm in the Lecture Theatre of the Hong Kong Central Library, 66 Causeway Road, Causeway Bay. The talk, designed for workers in hot environments to enhance their awareness of heat stroke prevention, will cover symptoms of heat stroke, its first aid treatment and preventive measures.

The LD will hold another talk, entitled "Prevention of lower limb disorders and guidance notes on standing at work", on June 10 (Thursday) at 3.30pm in the Lecture Hall of the Hong Kong Space Museum, 10 Salisbury Road, Tsim Sha Tsui. 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".

Both talks will be given by the LD's occupational health nurse and occupational hygienist in Cantonese. Admission is free but pre-registration is required. On-site registration is not available. Infection control measures taking into account the latest epidemic developments will be adopted at both venues. For enquiries or registration, please call 2852 4040.