

Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Occupational Health for Security Guards" on August 24 (Wednesday). The talk will introduce the causes and preventive measures of lower limb and back disorders commonly found among security guards. Tips on healthy living will also be provided, with demonstrations and practice of workplace exercises.

The talk will be given by the LD's occupational health nurse at 3.30pm in the Lecture Hall of the Hong Kong Space Museum, 10 Salisbury Road, Tsim Sha Tsui.

The LD will hold another talk, entitled "Prevention of Heat Stroke at Work in a Hot Environment", on August 29 (Monday). The talk, designed for workers working in hot environments to raise their awareness of heat stroke prevention, will cover symptoms of heat stroke, its first aid treatment and preventive measures.

The talk will be given by the LD's occupational hygienist and occupational health nurse at 6.30pm in the Lecture Theatre of the Hong Kong Central Library, 66 Causeway Road, Causeway Bay.

Both talks will be given in Cantonese. Admission is free but pre-registration is required. Interested participants can register online (www.oshsreg.gov.hk). On-site registration is not available. Infection control measures taking into account the latest epidemic developments will be adopted at both venues. For enquiries, please call 2852 4040.